

Contact Us

For more information on how to get involved with Franklin's Corner Community Garden, please contact Cheryl Howard, Volunteer Coordinator for the City of Bend.

710 NW Wall Street
Bend, Oregon 97701

Phone: 541.388.5579

Email: choward@bendoregon.gov

Web: bendoregon.gov/volunteer

Franklin's Corner Community Garden



Eating Green with Carol Gamm

August 13, 2014



710 NW Wall Street
Bend, Oregon 97701

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Recipes

Swiss Vegetable Medley

2/3 cup each broccoli, carrots,
cauliflower

1 can (10 3/4oz) condensed mushroom
soup

2/3 cup sour cream

1 cup (4 oz) shredded Swiss cheese

¼ teaspoon ground black pepper

1 jar (4 oz) chopped drained pimento
olives

1 can (2.8 oz) Durkee French Fried
onions

Instructions:

Combine veggies, soup ½ cup cheese,
sour cream, pimento olives and ½ can
onion rings.

Pour in 1 qt. casserole

Bake covered in 350 degree oven for 30
minutes

Top with remaining cheese and onions

Bake uncovered 5 minutes longer.

About Franklin's Corner Community Garden

Franklin's Corner is entirely organic, utilizes water wise conservation techniques, and serves the neighborhood in which it is located.

At the foundation, this is a storm water infiltration system. The less technical term is a rain garden. It is design to capture, hold and naturally treat storm water in the neighborhood, which was having a negative impact. This filtered and clean storm water will eventually rejoin our groundwater supply.

This community garden features an edible food forest which is open to the entire neighborhood to care for and to utilize without cost. Plots are available for rent for the growing seasons to anyone. Some plots are sponsored to assist families who are low income, so that they are able to grow organic fruits and vegetables to serve at their own tables.

On the web

www.franklinscorner.org

www.facebook.com/Franklinscornercommunitygarden

We built this!

Franklin's Corner is being developed and constructed through grants, sponsorships, donation of time, services and material by many of Bend's local businesses, community partners, volunteers, and neighbors like you.

Please support these businesses and organizations who help support us!

Spicy Collard Greens

Serves 6

Trust us, you'll want to serve these tender, spicy braised greens with cornbread on the side so that you can crumble it into the bowl to soak up the "pot licker".

4 slices bacon

2 bunches collard greens, stemmed and roughly chopped

1 jalapeños, thinly sliced

1/3 cup cider vinegar

Fine sea salt and ground black pepper

Instructions:

Heat a large pot over medium high heat. Add bacon and cook, turning occasionally, until just crisp. Transfer to a paper towel-lined plate, then carefully discard bacon fat and return pot to the stove. When cool enough to handle, roughly chop bacon.

Add 6 cups water to the pot and bring to a boil. Add bacon, greens, jalapeños, vinegar, salt and pepper, reduce heat to medium low, cover and simmer until greens are tender and "pot licker" liquid is flavorful, about 1 hour.

Baked Zucchini with Goat Cheese

Serves 8

As a tasty alternative, omit the mint and baste the cheese-filled squash with garlic-infused olive oil, using a fresh rosemary sprig as your basting brush. If you're cooking outdoors, try grilling the zucchini instead.

8 medium zucchini

1 T. extra-virgin olive oil

4 oz. fresh or aged goat cheese

Leaves from 1 bunch of fresh mint, chopped

Ground black pepper

Instructions:

Preheat oven to 350°F or prepare a grill for medium-high heat cooking. Cut 8 squares of foil, each big enough to completely wrap a zucchini, and line foil with parchment paper. Brush each square lightly with some of the oil. Cut a slit along the length of each zucchini; crumble or slice cheese and press into slits. Press some chopped mint into slits and sprinkle zucchini with olive oil and pepper. Wrap each zucchini in foil and bake or grill until tender, turning zucchini frequently, about 15 minutes on the grill or 25 minutes in the oven.

Santé Fe Vegetable Wrap

Serves 2

This recipe, from The Whole Foods Market Cookbook, is an explosion of traditional Southwest flavors and textures. If you want to add a little heat, try mixing a teaspoon of chipotle chili in adobo sauce into the cream cheese before spreading it on the tortilla. Serve these with a bit of tomato salsa and sour cream or plain yogurt on the side for dipping.

- 1 (12-inch) whole wheat tortilla, any flavor
- 1 ½ T. cream cheese, softened
- 3 leaves red or green leaf lettuce
- 4 slices pepper jack cheese
- 4 thin slices tomato
- ½ avocado, thinly sliced
- 4 thin slices red onion
- 1/2 cup thinly sliced jicama
- 1/4 cup fresh or frozen and thawed sweet corn
- 1/2 cup cooked black beans, rinsed and drained

Instructions:

Spread tortilla with cream cheese. Place 2 lettuce leaves over the cream cheese. Layer the pepper jack cheese on top, then layer the tomatoes, avocados, onions and jicama over the cheese. Spoon corn and black beans evenly over the top. Top with the remaining lettuce leaf and roll up tightly. Slice in half diagonally and serve.

Esther's Layered Salad

Break up head of lettuce in 13 x 9 pan

Add:

- 1 cup cooked peas
- 1/2 to 1 cup chopped celery
- 3 or 4 chopped green onions
- 1 cup grated carrots
- 1 chopped pepper
- 2 cups salad dressing (I used Miracle Whip)
- Grated cheese (your choice) on top
- Chill to serve

Quick Pickles

Makes about 1 quart

Where winter hits hard, people really value seasonal fresh produce. Some preserve the summer bounty using the freezer or a dehydrator. Others make pickles, and quick pickling is really easy! Keep these quick pickles in your refrigerator for up to 1 month.

3 unpeeled small pickling cucumbers, thinly sliced

1 small white onion, thinly sliced

1/2 cup sugar

1/2 cup white vinegar

1/2 cup cider vinegar

2 tsp kosher salt

1 tsp mustard seeds

1 tsp celery seeds

Instructions:

Layer cucumbers and onions in a large sterilized jar; set aside.

In a saucepan, heat sugar, vinegars, salt, mustard seeds and celery seeds over medium heat, stirring just until sugar dissolves.

Pour vinegar mixture over cucumber and onions in jar and set aside to let cool. Cover and refrigerate for several days before serving.

Coconut Milk-Braised Greens

Serves 2 to 4

Creamy coconut milk combined with fresh lemon juice adds just the right flavor to brighten up vitamin-rich, dark leafy greens. Substitute kale for the collard greens, if you like.

Salt to taste

2 bunches collard greens, kale or mustard greens (about 1 pound total), stemmed and roughly chopped

2 T. olive oil

1 small yellow onion, thinly sliced

3/4 cup coconut milk

1 T. lemon juice

Black pepper to taste

Instructions:

Bring a large pot of salted water to a boil. Add greens and cook for 2 minutes; drain well and set aside.

Meanwhile, heat oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and translucent, 5 to 7 minutes. Add reserved greens, coconut milk and lemon juice, stir well and simmer until tender, 5 to 7 minutes more. Season with salt and pepper and serve.

Tangy Buttered Beets and Beet Greens with Dijon

Serves 4 to 6

Beets are available in purple, gold and candy-striped varieties, so use whatever looks best to you. Use Dijon, whole grain or even spicy mustard in this recipe.

1 1/2 lb. beets, with stems and greens attached

6 T. water

2 T. butter

2 T. Dijon mustard

Salt and pepper, to taste

Instructions:

Roughly chop beet greens and transfer to a small bowl. Cut stems into 1-inch pieces and transfer to a large bowl. Peel and cut beets into 1-inch chunks then transfer to bowl with stems.

Bring water to a boil in a large skillet over medium high heat. Add beets and stems, cover and cook until somewhat tender, 5 to 7 minutes. Uncover, sprinkle greens over the top, cover and cook until beets, stems and greens are tender, adding more water if needed, about 5 minutes more. Remove from heat, toss with butter, Dijon, salt and pepper and serve hot, at room temperature or cold.

Veggie Packed Pesto

Serves about 2 cups

If you're in the mood to make your own pesto, consider this vitamin-packed recipe. Keep this dish in mind when cooking for pint-sized picky eaters, too, since it's the perfect way to sneak more veggies onto their dinner plates. For a shortcut, pulse 1 (16-ounce) tub prepared pesto with broccoli or spinach until almost smooth. Toss pesto with hot pasta, spread onto sandwiches or use as a dip for celery and carrots sticks.

5 cups lightly packed basil leaves

1 cup grated parmesan cheese

1/2 cup walnuts or pine nuts, toasted

2 T. lemon juice

3 cloves garlic

1 cup extra-virgin olive oil

1 lb. regular or baby spinach or 1 bunch broccoli, cut into florets and steamed

Salt and pepper to taste

Instructions:

Put basil, cheese, nuts, lemon juice and garlic into a food processor and pulse until almost smooth. With the food processor running, slowly drizzle in oil until combined. Add broccoli or spinach and pulse again until almost smooth; season with salt and pepper.

Potato and Kale Bubble Squeak

Serves 4

The name of this classic British dish is attributed to the sounds the vegetables make while cooking: they "bubble" while boiling and then "squeak" while frying. Its combination of fluffy potatoes and earthy cooked kale makes it a comfort food classic and a great choice for serving alongside everything from roasts to eggs to sausages.

1 3/4 lb. russet potatoes (about 3 large or 5 small), peeled and quartered
2 T. unsalted butter
2 T. milk
1/2 (1 lb.) bag frozen and defrosted chopped kale, or 1 cup cooked, cooled chopped kale
4 green onion, finely chopped
1/2 tsp fine sea salt
1/4 tsp cracked black pepper
1 T. expeller-pressed canola oil

Instructions: Place potatoes in a large saucepan and cover with cold salted water by 2 inches. Bring to a boil over high heat, then lower the heat and simmer until they are very tender, 15 to 20 minutes. Drain thoroughly. Return potatoes to the pot and add butter and milk. With a potato masher or large fork, mash potatoes until very smooth.

Meanwhile, if using frozen kale, defrost according to package directions. Squeeze kale gently with your hands to remove as much water as possible. Add kale, green onions, salt and pepper to potatoes and stir until combined.

Heat a large skillet over medium heat and add oil. When hot, scrape the potato mixture into the pan and use a spatula to level the top. Cook until golden brown on the bottom, 8 to 10 minutes. Working in sections (the cake will break apart as you flip it) use a spatula to flip the pancake over, then press the top gently with the spatula to make the top smooth again. Continue cooking until the bottom is browned and the potatoes are heated through, about 8 more minutes. Serve warm.

Cheezy Kale Chips

Serves 8 as a snack

This crisp snack doesn't actually have any cheese or dairy in it but delivers a cheesy, savory flavor in a healthy way.

1 cup raw cashews
2 bunches green or red curly kale
1/3 cup unsweetened soymilk, almond milk or rice milk, or water
1 cup chopped roasted red peppers
1/4 cup nutritional yeast
3 cloves garlic
1 T. onion granules
Juice of 1/2 lemon (about 1 tablespoon juice)
1/4 tsp fine sea salt

Instructions: Soak cashews in enough water to cover for a couple of hours. Drain.

Preheat the oven to 275°F. Wash, stem and thoroughly dry kale, tearing it into large pieces. Set aside.

In a blender, purée soaked cashews, soymilk, peppers, nutritional yeast, garlic, onion granules, lemon juice and salt. Line 2 baking sheets with parchment paper. In a large bowl, lightly coat kale leaves with cashew sauce and spread in a single layer on prepared baking sheets. Make sure leaves are not stacked on top of each other, so that leaves dry and bake evenly. Bake 40 to 45 minutes or until crisp, gently turning over about halfway through cooking. You can also use a dehydrator to dry the chips. Remove from baking sheets and repeat with remaining kale leaves and cashew mixture. Cool completely, then store in an airtight container.

Curry Kale Chips

Serves 8

A flavorful blend of curry, ginger, garlic and tamari creates the coating for these kale chips.

1 cup raw cashews

2 bunches green or red curly kale

2/3 cup unsweetened soymilk, almond milk or rice milk, or water

3 cloves garlic

1 T. chopped fresh ginger

1 pitted date

1 1/2 tsp curry powder

1 1/2 tsp reduced-sodium tamari

Instructions:

Soak cashews in enough water to cover for a couple of hours or overnight. Drain.

Preheat oven to 275°F. Wash, stem and thoroughly dry kale, tearing it into large pieces. Set aside.

In a blender, purée soaked cashews, milk, garlic, ginger, date, curry and tamari. Line 2 baking sheets with parchment paper. Lightly coat kale leaves with cashew sauce and spread in a single layer on prepared baking sheets. Bake 40 to 45 minutes or until crisp, gently turning over about halfway through cooking. You can also use a dehydrator to dry the chips. Remove from baking sheets and repeat with any remaining kale leaves and cashew sauce. Cool completely, then store in an airtight container.

Two-Bite Breakfast Poppers

Serves 24 tiny poppers, enough for 8 servings

Incorporate veggies in your first meal of the day with these mini frittatas. They're a perfect way to use up leftovers from last night's dinner and boost your family's breakfast nutrition. Easy to reheat, they also make a tasty afternoon snack.

1 cup whole wheat pasta such as penne, farfalle or rotini

1 T. extra-virgin olive oil

1 bunch (about 8 ounces) hearty greens such as kale, Swiss chard or spinach, thick stems removed and leaves shredded (about 4 cups)

Olive or canola spray oil, for mini muffin pans

5 large eggs

1 cup low-fat milk

1/2 cup grated Pecorino Romano cheese

1/8 tsp ground nutmeg

Instructions:

Bring a large saucepan of salted water to a boil. Add pasta and cook according to package instructions. Drain and coarsely chop.

Heat oil in a large skillet over medium-high heat. Add greens and cook, tossing often, until wilted and bright green, 3 to 4 minutes. Transfer to a cutting board and finely chop.

Preheat the oven to 375°F. Prepare 2 (12-cup) mini muffin pans with spray oil.

In a medium bowl, whisk together eggs, milk, Pecorino Romano and nutmeg. Stir in chopped pasta and chopped greens until evenly blended. Fill the muffin cups. Bake about 25 minutes or until eggs are set and golden brown. Loosen poppers from the pan with a spatula and serve immediately. Refrigerate any leftover poppers in an airtight container and reheat in a 325°F oven until warmed through, about 10 minutes.

Quinoa Salad

Filler for lettuce leaves

3 cups cooked quinoa

2 cups diced English cucumber (skin on)

1 cup diced tomatoes

1 cup diced red onion

1 avocado, peeled diced

1/2 cup roughly chopped cashews

2 cloves garlic, finely chopped

Salt and freshly ground pepper

1/4 cup rice vinegar

2 tablespoons extra virgin olive oil

1/4 cup chopped parsley

Instructions:

Combine all ingredients in a large bowl, let sit and marinate for 15 minutes. Adjust salt and pepper to your liking before serving.

Swiss Chard with Tomatoes, Feta and Pine Nuts

Serves 4

Vitamin-packed Swiss chard is always a great choice for a healthy meal. It's full of everything from vitamins C, K and A to potassium and dietary fiber. And it's delicious to boot!

1 T. extra virgin olive oil

1 small yellow onion, sliced

2 cloves garlic, finely chopped

1 bunch Swiss chard, stems and leaves chopped separately, divided

Sea salt and ground black pepper

2 T. low-sodium chicken broth, vegetable broth or water

1 cup halved cherry tomatoes or 1 tomato, cored and chopped

2 oz. feta cheese, crumbled

2 T. pine nuts, toasted

Instructions:

Heat oil in a large, deep skillet over medium heat. Add onion, garlic and chard stems and cook, stirring occasionally, until softened, about 5 minutes. Cover and cook 5 minutes more.

Uncover, add chard leaves, salt, pepper and broth and cook, covered, until chard leaves are bright green and tender, about 5 minutes more.

Remove from heat and gently stir in tomatoes. Scatter cheese and pine nuts over the top and serve.

Beet and Mint Slaw

Serves 6

Serve this colorful slaw at summer cookouts alongside your favorite grilled foods.

3 1/2 T. rice vinegar

5 tsp white miso paste

1/2 tsp ground black pepper

3/4 cup raisins

3 red or golden beets, peeled and grated

1 fennel bulb, fronds and bulb thinly sliced

1 bunch green onions, chopped

2/3 cup mint leaves, sliced

In a large bowl, whisk together vinegar, miso and pepper. Soak raisins in boiling water to cover 5 minutes; drain and add to bowl. Add beets, fennel, green onions and mint; toss to coat.

Bake uncovered 5 minutes longer.

The Mother of all Salads

Greens: Any combination (I use kale, collard greens, green cabbage and baby greens).

You can also throw in herbs (Cilantro for a Mexican twist, or parsley or rosemary, etc.)

Green Onions

Minced Garlic

Tamari almonds (You can also use a variety of nuts. My friend uses filberts, almonds and pecans)

Cheeses: Any combination. (I use what I have in the fridge. Feta, Mexican, parmesan, extra sharp cheddar, cabernet soaked cheddar)

Dressing (I use Annie's Shitake mushroom and sesame. My friend uses balsamic and olive oil.

Instructions:

Basically, finely chop everything between diced and minced. For the green and green onions, I use a wet chop with a vita mix and then save the juice for cooking. For the cheeses, garlic and nuts, I use a dry chop on the vita mix. A few spins in the Cuisinart food processor works well too.

Toss together in a bowl with dressing. You can make a lot and just add dressing when you serve it. It stores well for one day with dressing, a couple of days without.

Sprinkle with bigger pieces of cheese or nuts, if you want.

Enjoy.

Kale Potato Enchiladas

For the Enchilada Chile Sauce:

2 tablespoons olive oil
1 onion, cut into small dice
3 large green chilies, roasted, seeded, peeled (such as Anaheim or even Italian-style long green peppers)
6 teaspoons chili powder, preferably ancho
1 1/2 teaspoons ground cumin
1 teaspoon marjoram (epazote) or 1 teaspoon Mexican oregano (epazote)
1 (28 ounce) can diced tomatoes with juice (roasted preferred)
1 teaspoon sugar
3 teaspoons salt

For the Potato and Kale Filling:

1 lb. waxy potato (Yukon gold or red)
1/2 lb. kale, washed, trimmed, and chopped finely
3 tablespoons olive oil
4 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 cup vegetable stock or 1/4 cup water
3 tablespoons lime juice
1/4 cup toasted pepitas, chopped coarsely, plus additional for garnish (pumpkin seeds, page XX)
1 1/2 teaspoons salt (to taste)

14 corn tortillas

Preheat the oven to 375°F and have ready a shallow casserole dish, at least 11 1/2 x 7 1/2 inches.

Instructions:

Prepare the enchilada sauce first: In a large, heavy-bottomed saucepan over medium heat, sauté the onions in oil for 4 to 7 minutes, until softened. Add the remaining sauce ingredients, bring to a simmer, and remove from the heat. When the mixture has cooled enough, taste and adjust the salt if necessary. Puree with an immersion or regular blender until the mixture is smooth and even.

Instructions:

Prepare the batter first. Sift together dry ingredients, then whisk in milk, beer or cold water until smooth. Cover and set in the refrigerator for 30 minutes. Leftover batter can be stored for up to two days. If it is too thick after refrigeration, add a few drops of water to return to original consistency.

Meanwhile, prepare the stuffing. In a bowl combine the ricotta cheese, garlic, salt, pepper, mushrooms and basil. Open the blossoms and spoon about one 1/2 teaspoon of the mixture into the center of each. Avoid overfilling the blossoms. Twist the top of each blossom together to close. Place on a baking sheet and refrigerate for 15 minutes.

Pour the oil into a skillet to a depth of 1/2 inch. Heat over high heat until a small cube of bread dropped into the oil turns golden brown within seconds.

Briefly dip each stuffed blossom into the batter, then carefully slip into the hot oil. Cook until golden on all sides, about three minute's total cooking time. Add only as many blossoms at a time as will fit comfortably in the skillet. Transfer with a slotted utensil to paper towels to drain briefly.

Sprinkle with salt, if desired and serve immediately.

NOTE: In place of the cheese-mushroom stuffing, try another of your favorite bread or meat stuffing.

Battered Squash Blossoms

(With or Without Stuffing)

Batter:

1 cup flour

1/2 cup cornstarch

1/2 teaspoon salt

1 cup fat-free chilled milk, beer or water

Stuffing:

1/4 cup ricotta cheese

1 garlic clove, minced or pressed

1/4 teaspoon each salt and pepper

2 tablespoon mushrooms, finely chopped

1 tablespoons fresh basil or parsley, minced

16 large squash blossoms, washed

Canola oil for frying

Prepare the filling: Peel and diced the potatoes, then boil them until tender, about 20 minutes. Drain and set aside. Cook the grape seed oil and minced garlic in a saucepot over medium-low heat, stirring occasionally until the garlic is sizzling and slightly browned (be careful not to let it burn). Add the kale, sprinkle with a little salt, and raise the heat to medium, stirring constantly to cover the kale with the oil and garlic. Partially cover the pot to steam the kale until it has wilted, 4 to 6 minutes.

Remove the lid and mix in the potatoes, vegetable stock, lime juice, pumpkin seeds, and salt. Use the back of a wooden spoon to mash some of the potatoes. Cook another 3 to 4 minutes, until the stock is absorbed. Add more salt or lime juice to taste.

Create an enchilada assembly line: Have ready a pie plate filled with about 4 cups of enchilada sauce, a casserole dish, a stack of corn tortillas, a lightly greased, heated griddle or cast-iron pan (for softening the tortillas), and the potato and kale filling.

Ladle a little bit of the enchilada sauce onto the bottom of the casserole dish and spread it around. Take a corn tortilla, place it on the heated griddle for 30 seconds, then flip it over and heat until the tortilla has become soft and pliable. Drop the softened tortilla into the pie plate filled with sauce; allow it to get completely covered in sauce, flip it over, and coat the other side.

Now, place the tortilla either in the casserole dish (the easiest way) or on an additional plate. Layer it with another heated, sauce-covered tortilla or just use one per enchilada; either way, run the potato filling down the middle and roll it up. Continue with rest of tortillas, tightly packing enchiladas next to each other.

Pour about a cup of sauce over the top (reserving some for later), cover tightly with aluminum foil, and bake for 25 minutes. Remove the foil and bake for another 10 to 15 minutes, until edges of the tortillas poking out of sauce look just a little browned. Allow to cool slightly before serving. Top individual servings with any remaining enchilada sauce, warmed slightly.

Squash Blossoms



Picking Squash Blossoms

Flowers from summer squash, zucchini and late-season pumpkins and winter squash make tasty garnishes or even side dishes. The plants produce both male and female flowers, with a higher population of them male.

The female blossoms will become the fruit so in order to preserve your harvest, it is best to pick the male blooms. Being aware of the difference between male and female blooms is important to know when picking squash blossoms. Male squash blossoms are hairier and have a thin base where they attach to the stem. Females have a thick bulge, which is the ovary, where they grow from the plant.

How and When to Pick Squash Flowers

Morning is the best time for harvesting squash flowers. Choose male flowers when they are still in bud form. Male flowers grow first on the plant but the fully formed blooms are hairy and difficult to handle in the kitchen.

Female blooms are considered the tastiest but you should minimize their harvest if you want fruit on the plant.

Give a gentle squeeze to the back of the bloom when picking squash flowers. This will help you detect the bulb of a female or the flat end of a male flower.

How to Store Squash Blossoms

The optimum condition is to use them the day of harvest. Picking squash flowers and then using them immediately gives you the freshest taste of spring.

Squash flowers are very delicate and don't store for long. However, there is a trick on how to store squash blossoms for best flavor and to extend the life of the blooms.

Keep them in the refrigerator. Male blooms last the longest and can be stored in the refrigerator for up to a week. Either sex will keep best if laid out gently on tissue or a paper towel on a dish or flat container.

What to Do with Squash Blossoms

Now that you have harvested some flowers, you might wonder what to do with squash blossoms. They are flavorful and colorful when used as a garnish on salads. Remove the anthers inside, wash, dry the flowers, and use them whole or chopped. Stuff the blooms with rice, herbs or cheese when cooking with squash flowers. You can also pickle, deep fry, or can squash blossoms. If you cook the flowers, you can freeze them. Whichever method you choose, prepare the blooms as quickly as possible for best flavor and texture.

Harvesting squash flowers is easy and a great way to put the male blooms to use rather than having them simply fall from the plant to waste away.